

VEGETARIAN BLACK BEAN CHILI STEW

Yield: 1 quart (4-5 portions)

Ingredients	Amounts
Olive oil	2 Tbsp.
Onions, diced	1 cup
Garlic, minced	1 tsp.
Celery, diced	½ cup
Red pepper, diced	½ cup
Green pepper, diced	½ cup
Jalapeno pepper, minced	1 ea.
Cumin, ground	1 Tbsp.
Coriander, ground	2 tsp.
Paprika	2 tsp.
Cinnamon, ground	⅛ tsp.
Tomatoes, peeled, seeded, diced	2 cups
Black beans, canned, (15 oz.)	2 ea.
Cilantro, chopped	2 Tbsp.
Salt	¾ tsp.
Black Pepper	½ tsp.

Method

1. Combine the olive oil, onions, garlic, celery, red pepper, green pepper, jalapeno, and spices in a 2 qt. microwave container. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P10 for 5 minutes, until all the vegetables are tender and fragrant.
2. Add the tomatoes and beans. Cover with plastic wrap, then puncture holes with a small knife, for steam to vent and microwave on P10 for 6 minutes, until thoroughly heated.
3. Just before serving, finish seasoning the chili by adding the cilantro, salt, and pepper.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1150mg	48%
Total Carbohydrate 40g	13%
Dietary Fiber 15g	60%
Sugars 6g	
Protein 14g	
Vitamin A 45%	• Vitamin C 110%
Calcium 10%	• Iron 35%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	